

# Capital Area School of Practical Nursing

## Mental Health Nursing

### Course Syllabus

#### Course Information:

Time: 8:15 – 11:40 a.m.

Theory Contact Hours: 101.50

#### Instructor Information:

Gloria Eppley RN MSN APN

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#### Classroom Performance and Student Expectations:

All policies are to be followed as outlined in the CASPN student handbook.

#### Methods of Evaluation:

Assignments, tests, and point distribution per individual faculty will be distributed with each course calendar.

#### Textbook:

Morrison-Valfre, Michelle. *Foundations of Mental Health Care*. 6<sup>th</sup> ed., Elsevier, 2016.

#### Course Description:

This course focuses on the emotional responses to stress and crisis along the developmental continuum within a variety of mental health settings. Course concepts include the use of therapeutic communication in the delivery of safe, patient-centered care as a member of the interdisciplinary team. The student will explore mental health alterations to determine the health care needs of diverse patients as well as various treatment modalities and community resources.

#### Course Objectives:

1. Describe the steps of a focused mental health assessment on patients with common, selected mental health disorders.
2. Describe the role of the nurse as a member of the health care team and advocate while providing patient-centered care for patients with common mental health disorders.
3. Articulate knowledge of pharmacology, psychopathology, and nutrition as well as evidence based practice, to the care of patients with common mental health disorders.
4. Describe how verbal and nonverbal communication promotes therapeutic relationships with patients, families, and their support systems, as well as professional relationships with members of the health care team.
5. Identify technologies and evidence-based literature that support clinical decision making and impact client care.
6. Identify health education needs of patients with mental health disorders and their families and support systems, as well as strategies used to reinforce education.
7. Discuss organizational, time management, and priority-setting skills when providing care to patients in selected settings.
8. Identify patient care needs related to safety and the delivery of quality care.
9. Describe ethical and legal standards as well as professional accountability in the delivery of care to patients with mental health alterations, their families, and support systems.

#### Content Units:

Role of the nurse and standards of practice for mental behavioral health nursing

##### Unit Objectives:

1. Discuss the role and responsibilities of mental health nurses
2. Identify major trends in mental health nursing.
3. Describe the standards of practice of mental health nursing.

#### Content Topics:

Mental Health and Mental Health Issues

##### Unit Objectives:

1. Compare and contrast criteria for mental health and mental illness.
2. Discuss legal issues that may arise during mental health treatment such as the patient's right to receive treatment, the patient's right to refuse treatment, and the patient's right to informed consent.
3. Describe factors that affect an individual's mental health.
4. Identify attributes or signs of mental health issues.

5. Discuss how age, ethnicity, gender, education, culture, and belief system can affect developing, experiencing, and recovering from psychiatric disorders.
6. Compare differences between primary, secondary, and tertiary intervention and appropriate interventions related to mental health disorders.
7. Explain the nurse's role as an advocate for patients who have or may develop a mental health disorder.
8. Identify settings in which mental health treatment is offered.
9. Compare and contrast the aspects of voluntary and involuntary admission psychiatric admissions.
10. Discuss the DSM-V-TR diagnosis classification system.

Content Unit:

Principles of Therapeutic Communication and its Application in the Mental Health Setting

Unit Objectives:

1. Describe the nature and goals of the therapeutic nurse-patient relationship.
2. Identify factors that can interfere with the nurse's ability to develop a therapeutic relationship with a patient experiencing a mental health disorder.
3. Demonstrate techniques that can enhance the development of trust, respect, security, and open communication between the nurse and patient.
4. Discuss the need for setting and maintaining boundaries between the nurse and patient.
5. Describe the importance of self-awareness in the nurse-patient relationship.

Content Unit:

Therapeutic Modalities

Unit Objectives:

1. Explain the use of theories of personality development as a basis for current psychotherapy.
2. Discuss the use of the following treatment modalities: individual, family, group, online support, crisis, somatic, and pharmacotherapeutics.
3. Discuss how psychotropic drugs are used in mental health care.
4. Describe how functions of the brain are altered by psychotropic drugs.
5. Identify major categories of psychotropic drugs and discuss the use, action, potential adverse and side effects, and nursing implications of the following: antipsychotics, antidepressants, mood stabilizers, sedative/hypnotics, antianxiety, and stimulant
6. Identify several strategies for family intervention.
7. Describe the role of the nurse in family therapy.
8. Describe complimentary therapies as it relates to the following therapeutic modalities: massage, herbal medications, aromatherapy, acupuncture, acupressure, homeopathy, chiropractic medicine.

Content Unit:

Anxiety Disorders

Unit Objectives:

1. Identify predisposing factors of anxiety disorders.
2. Describe outcome criteria for each of the identified anxiety disorders.
3. Discuss the action, side effects, potential adverse reactions, and nursing implications for benzodiazepine medications.
4. Discuss coping strategies in the management of stress.
5. Describe clinical manifestations, goals, nursing interventions, and treatment of patients with:

Content Topics:

- a. Obsessive compulsive disorder
- b. Post-Traumatic Stress Disorder
- c. Panic disorder
- d. Phobias
- e. Generalized anxiety disorders

Content Unit:

Mood Disorders

Unit Objectives:

1. Describe biologic and psychosocial theories about the etiology of mood disorders.
2. Differentiate between normal grief reactions and pathological grief behaviors
3. Describe the emotional, cognitive, behavioral, and physical symptoms associated with depression.
4. Describe three phases of treatment for mood disorders.
5. Identify outcomes, goals and planning for each phase of treatment for mood disorders.
6. Describe risk factors and warning signs that might signal suicidal thoughts.
7. Develop nursing interventions and communication strategies for patients with depression, mania, and suicide ideation.
8. Compare advantages, actions, side effects and nursing implications for mood stabilizing medications and antidepressants.
9. Discuss electroconvulsive therapy.
10. Identify the main characteristics of the following mood disorders:

Content Topics:

- a. Major depression disorder
- b. Bipolar disorders
- c. Seasonal affective disorder
- d. Premenstrual dysphoric disorder
- e. Postpartum depression

Content Unit:

Personality Disorders

Unit Objectives:

1. Compare and contrast the main characteristics of the three clusters of personality disorders
2. Describe current treatment modalities for patients with personality disorders.
3. Describe the limitations in the use of medications to relieve symptoms associated with personality disorders.
4. Develop nursing interventions and communication strategies for patients with personality disorders.
5. Discuss the importance of setting and keeping clear boundaries when working with persons with personality disorders.

Content Topics:

- a. Cluster A/ paranoid, schizoid, and schizotypal personality disorders
- b. Cluster B/ antisocial, borderline, and narcissistic personality disorders
- c. Cluster C/ dependent, obsessive-compulsive, avoidant personality disorders

Content Unit:

Psychotic Disorders

Unit Objectives:

1. Define schizophrenia.
2. Describe the progression of symptoms from prodromal to the acute phase of schizophrenia.
3. Discuss non-pharmacological treatment modalities for patients with schizophrenia that may be beneficial.
4. Describe effective strategies of individual, group, and family therapies that may be helpful for patients with schizophrenia and their families.
5. Describe common problems associated with severe mental illness.
6. Discuss behavioral and psychological manifestations of severe mental illness in relation to the person's ability to function, their families, and others.
7. Identify evidence-based practices for the care of the severely mentally ill.
8. Discuss the importance of medication and the need for the severely mentally ill to adhere to the regimen.
9. Discuss use of typical and atypical antipsychotic drugs to include: target symptoms, indications for use, adverse effects/toxic effects, and patient/family teaching.

Content Unit:

Abuse and Violence

Unit Objectives:

1. Describe the cycle of violence in reference to the individual and family.
2. Describe personality characteristics of an abusive adult.
3. Identify factors that predispose a child or spouse to physical violence.

4. Describe legal responsibilities of health care providers in documentation and reporting of suspected or known family abuse.
5. Discuss assessment indicators and interventions for child, adult, and elder abuse.
6. Describe nursing interventions for prevention and management of aggressive behaviors.
7. Identify factors that may be useful in predicting violent behavior.

Content Unit:

Cognitive Impairment Disorders in the Older Adult

Unit Objectives:

1. Discuss the demographics of the older population and the impact on mental health care.
2. Identify components of an assessment of the healthy geriatric patient and the patient with cognitive impairment.
3. Identify the clinical manifestations of a patient with Alzheimer's disease.
4. Discuss identified behaviors, goals, and nursing interventions associated with mental health problems in the older adult.
5. Describe potential barriers to mental health care for the older adult.

Content Unit:

Psychiatric Disorders of Children and Adolescents

Unit Objectives:

1. Discuss factors that contribute to child and adolescent mental health disorders.
2. Describe treatment modalities for selected disorders of childhood and adolescence
3. Describe clinical manifestations and intervention strategies for:

Content Topics:

- a. Autism spectrum disorders
- b. Attention deficit hyperactive disorder
- c. Anxiety disorder
- d. Mood disorders
- e. Conduct disorder

Content Unit:

Community-based Mental Health Nursing

Unit Objectives:

1. Distinguish between goals and interventions of mental health care inpatient and the community.
2. Describe the role of the nurse as a member of the interdisciplinary team in caring for chronically ill and/or homeless mentally ill in the community.
3. Discuss the continuum of mental health care from the acute care setting to the community setting.
4. Identify community resources for the chronically and/or homeless mentally ill.
5. Discuss barriers to mental health treatment in the community setting.

Content Unit:

Chemical and Other Dependencies

Unit Objectives:

1. Identify signs and symptoms of substance abuse, chemical dependency, withdrawal or toxicity.
2. Describe nursing care and support for client with impulse-control disorders
3. Identify potential indications that a person is successfully recovering from substance abuse.
4. Discuss current treatment modalities for persons who abuse substances.
5. Discuss short term outcomes for the patient and family relating to withdrawal, treatment and health maintenance, including use of self-help groups.
6. Discuss legal and ethical responsibilities of nurses who observe impaired colleagues.
7. Describe aspects of enabling behaviors.
8. Identify behaviors of use, overdose, and withdrawal in persons who use drugs.

NOTE

This syllabus is not a contract between the instructor and student enrolled. Content is subject to change. Students will be given notice of changes made in content, policies, or grading as they may occur.